

HR CONTACTS –

Below are the May HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!

Important News from HealthQuest

MAY 2016

MEALS MADE EASY



SALE

Eating healthfully doesn't have to be difficult. With some planning and bargain hunting, you can cut your food expenses without sacrificing nutrition or flavor.

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MAY 2016

MAKE A GREAT PLATE.

Try strips of vegetables for a healthful noodle substitute.

Carrot-Zucchini Linguine

INGREDIENTS


2 medium zucchinis	½ tsp Dijon mustard
2 medium carrots	2 tbsp chopped fresh basil
1 tbsp extra virgin olive oil	3 tbsp grated Asiago cheese
2 tbsp lemon juice	Pinch each salt and pepper

DIRECTIONS

With vegetable peeler or mandoline, thinly slice zucchinis and carrots lengthwise into long strips (like linguine noodles). Add to large bowl. In small bowl, whisk together oil, lemon juice, mustard and basil. Pour dressing over vegetables and toss to coat. Sprinkle with cheese. Add salt and pepper.

Makes 4 servings. Each: 84 calories • 3g protein • 5g fat • 9g carb • 3g fiber • 136mg sodium

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Castlight – (www.mycastlight.com/SEHP) (Registering Worth 3 HQ Credits, Complete the Quiz Worth 2 HQ Credits) Personalized healthcare tips that help you save

Real People. Real Savings. Diana suffers from chronic ear infections, which used to require frequent and expensive visits to the emergency room. From a Castlight tip, she discovered that she could go to an urgent care clinic instead, which saved her over \$100 each visit.

What could you do with savings like that?

Watch Diana's story and log in at education.castlighthealth.com/dianas-story

Eat Move Sleep Challenge

May 2 - May 27, 2016



1 Eat a serving of vegetables 1 point per serving/ max 3 points daily 	2 Eat a serving of fruit 1 point per serving/ max 2 points daily 	3 Eat a serving of whole grains 1 point per serving/ max 2 points daily 	4 Exercise 30 minutes or more 	5 Sleep at least 7 hours per night 
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EAT MOVE SLEEP

- 4 week challenge focused on nutrition, physical activity, and adequate rest.

How to Participate

- Login to www.KansasHealthQuest.com.
- Record your points each day on the portal or using the paper tracking form.
- Enter all points online by June 3.
- 5 HealthQuest Credits will be awarded when you reach 160 total points.

Learn more at

www.KansasHealthQuest.com

- When logging points on the portal, click to be entered into a drawing for a copy of Eat Move Sleep.

HealthQuest Monthly Seminar – Worth 1 HQ Credit – www.kansashealthquest.com

Lowering Stroke Risk

Too young to have a stroke? Think again. While 75% of strokes happen to people 65 and older, strokes can and do happen to younger people. Learn the lifestyle choices that minimize your risk of stroke and how to recognize the signs using F.A.S.T.

To get to the seminars: Log on to www.kansashealthquest.com, click "Rewards" at the top, scroll down and click "More" under "Spend some time in the Library"

MAY 2016


Sleep Well

How are you sleeping? Getting a good night's sleep every night can help you reduce your risk of heart disease, high blood pressure, stroke, type 2 diabetes and metabolic changes linked to obesity.

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MAY 2016

10-Minute Move for Strength Floor Back Extension



- 1 Lie on the floor facedown, with 2 pillows under hips. Extend arms straight overhead on the floor.
- 2 To a count of 2, slowly lift your right arm and left leg off the floor, keeping them at same level.
- 3 Pause. Then, to a count of 4, slowly lower arm and leg back to the floor.

Eases low back pain and strengthens abdominal muscles.

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DELTA DENTAL

HEALTHY SMILES ALL YEAR LONG

Oral wellness is the foundation for overall health, so regular visits to the dentist for checkups and cleanings are fundamental to making your smile last and preventing tooth decay and gum disease. Even if you don't have any symptoms, dental exams are important to make sure your teeth and gums stay healthy. And if problems do occur, they'll be easier to treat.

Delta Dental of Kansas | DeltaDentalKS.com

Help Your Dentist Help You

- See a dentist regularly. Doing so can help ensure that problems are taken care of before they become more serious and expensive.
- Choose a dentist who belongs to your plan's network. Switching from a dentist who isn't in the plan to one who is enrolled will likely save you money.
- Take advantage of any exams, teeth cleanings or X-rays your insurance may cover. Getting regular dental check-ups, such as cleanings and exams, will help prevent dental complications or worsening of dental problems such as cavities.

It's easy to smile when you feel good. It's easier to maintain good oral health habits when you have some support. LifeSmile has the answers to your dental questions and can help keep you smiling for a lifetime.

Rx Savings Solutions

<https://portal.rxsavingsolutions.com/#/register> - Registration Worth 3 HQ Credits

Divide and Conquer

Combination prescription medications may be convenient for your lifestyle, but not always convenient for your wallet. Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by filling the individual active ingredients of combination medications as separate prescriptions.

Here is an example of how filling combination medications as separate prescriptions can save money:

Utilizing our prescription savings pricing tool, 90 tablets of the cholesterol and high blood pressure medication amlodipine-atorvastatin (generic for Caduet®) costs \$132.33. However, 90 tablets of the individual ingredients costs \$19.45 for atorvastatin 40mg, and \$8.26 for amlodipine 10mg respectively. That is a savings of \$418.48 per year! Savings may be even greater if the patient uses their insurance card.

Not all combination medications are available to be filled as individual ingredients, and patients need to be aware that increasing the number of prescriptions taken means more responsibility. Talk with your doctor to see if this is an option for you. It is important for patients to be active participants in managing their health.

Well-Being EAP Webinar Schedule

May 26th @ 3pm: Letting Go of the Things that Hold you Back

June 21st @ 3pm: Gratitude: A Skill for Happier Living

- Go to <http://www.kdheks.gov/hcf/healthquest/eapwebinars.htm> to register.

EAP Monthly Webinar Series – Worth 1 HQ Credit – May 26th, 2016 at 3PM

Letting Go of the Things that Hold you Back

"Living the Good Life!" How often have we heard that statement? Usually it's meaning is about happiness, health and satisfaction within our lives. In this session we'll discuss what's needed to accomplish "the good life": what to bring along on life's journey, what to leave behind, what to acquire along the way.

Register at: <https://attendee.gotowebinar.com/register/1939444326107098371>. If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar. Or if you only have 5-10 min check out the On-Demand Trainings at www.guidanceresources.com (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.



Become one of the millions of people celebrating freedom from tobacco as part of World No Tobacco Day! We can help you breeze through World No Tobacco Day when you take the first step and enroll in the Quit For Life Program.

1-888-275-1205 (select option 3) | www.kansashealthquest.com



Mental Health Month

May is Mental Health Awareness Month, and the theme for 2016 is Life With a Mental Illness. During the month, people are being asked to share what life with a mental illness feels like by tagging their social media posts with **#mentalillnessfeelslike**.

The posts allow people to speak up about their experiences and may help others figure out if they too are showing signs of mental illness, according to the advocacy group Mental Health America. The posts also help break down the discrimination and stigma that surround mental illnesses.

Too often people wait to act until there is a crisis, when those suffering from mental illness may become a danger to themselves or others. Advocates point out that cancer and similar diseases aren't treated that way and mental health shouldn't be, either.

One way to determine whether you or someone you know is experiencing symptoms of a mental health condition is to take a mental health screening. The Mental Health America website, at www.mhascreening.org, offers free screenings for depression, anxiety, bipolar disorder and post-traumatic stress disorder.

You also can contact your GuidanceResources program. We're here 24 hours a day, seven days a week to speak confidentially with you about counselling or offer other resources about mental health care. This service is provided by your employer to you and your household members at no cost.

Here when you need us. Call: 1.888.275.1205 Option 7

Online: guidanceresources.com Web ID: SOKEAP

Email: HealthQuest@kdheks.gov